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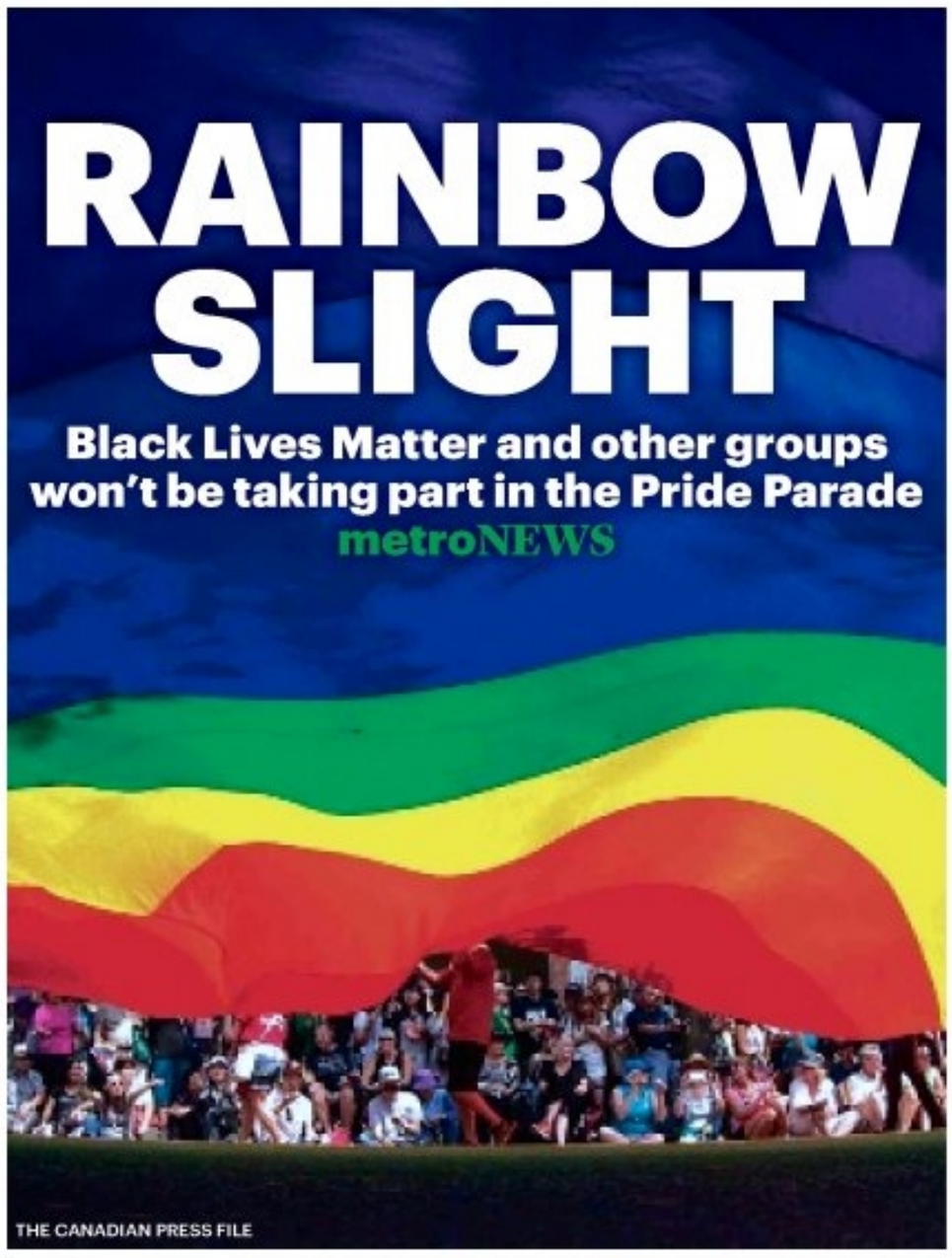

RAINBOW SLIGHT

Black Lives Matter and other groups won't be taking part in the Pride Parade

metroNEWS

THE CANADIAN PRESS FILE

Richmond, Burnaby foreign buyer hot spots

HOUSING CRISIS

10% of Metro Vancouver sales coming from outside investors

David P. Ball

Metro | Vancouver

One in every $10 spent on Metro Vancouver homes came from investors without residency or citizenship here, according to new data released by the B.C. government on Tuesday.

The data — starting when the province began collecting residency status with property transfers on June 10 until July 14 — has added more fuel to anger in the city about real-estate prices vastly outstripping local wages.

According to Finance Minister Mike de Jong, out of $8.8 billion in residential sales in that time frame, foreign nationals — those without either permanent residency or citizenship — bought more than $885 million.

"Metro Vancouver accounts for almost 50 per cent of the transactions (in B.C.) and certainly the vast majority of transactions involving foreign nationals," he told reporters.

Nearly three-quarters of the real-estate sales to offshore buyers poured into the greater Vancouver region, which has seen a roughly 30 per cent spike in property values in the past year.

The highest levels of foreign investment poured into Richmond and Burnaby, accounting for 19 and 18 per cent of houses sold, respectively. In total, non-residents bought more than $1 billion of homes across the province.

"We have a situation in which demand is outstripping supply — demand from the international community, foreign nationals," de Jong said. "So the government has taken steps to try to reduce that demand from the international community, while we do more to increase domestic supply."

The new tax, announced Monday, only applies in the Metro Vancouver region. But de Jong said he will review future data to see if the money starts diverting to other markets such as Victoria and was open to the possibility of extending the cooling tax provincewide if necessary.

The New Democrats, however, criticized the province for basing its tax on citizenship or residency status instead of where the buyers are paying their income taxes — which they said would prevent people from abusing the rules by funnelling investments through one family member or proxy with status here.

"It's a mistake to tax based on citizenship instead of where you pay income tax," the party stated on Twitter on Tuesday.

However, de Jong insisted there are enough safeguards to investigate buyers skirting the law in such ways.

"People might try to get imaginative," he said. "Anti-avoidance provisions of the bill create an effective and strong legal authority.... Attempts may be made to do workarounds on this, I suppose there always are, but we've tried to anticipate that and created effective authority to deal with that."

If the tax had existed provincewide, and there were no decline in sales resulting, the government could have netted $153 million in revenue.

"If we see continued purchases by foreign nationals at the rate we've seen thus far, that's going to generate a lot of money. That's not why we're doing it, (but) I think it will generate some additional revenues."

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One of two killers of French priest was wearing electronic surveillance bracelet. **World**

Justice as a 'healing mechanism'

REPARATIONS

Approach helps victims recover, offenders take responsibility

David P. Ball
Metro | Vancouver

Carys Cragg, a child and youth care instructor at Douglas College. DAVID P. BALL/METRO

Five years ago, Vancouver resident Carys Cragg realized she only had a short window of time before facing her father's murderer in his next parole hearing.

She decided to take control of her encounter with Sheldon Klatt — serving a second-degree murder sentence for killing her father, Calgary surgeon Dr. Geoffrey Cragg, in a botched house burglary in 1992.

"I knew I wanted to meet him on my own terms before I started to attend hearings," she told Metro in an interview.

Cragg, now 35, is a child and youth practice instructor at Douglas College. In 2011, she entered the little-publicized world of restorative justice — and thanks to a B.C. non-profit organization, wrote letters to the offender and eventually even met him face-to-face in an Alberta prison.

She'd heard about restorative justice, but assumed like many people it was restricted to "petty crimes" such as theft or vandalism.

"I heard that you don't do restorative justice when it's a serious crime," she recalled. "In fact, it's actually the opposite."

Cragg is far from alone in holding what she realized were "misconceptions" about restorative justice.

In B.C., more than a thousand people have participated in the serious crime program run by the Langley-based Community Justice Initiatives Association, for "every conceivable kind of crime" involving federal incarceration of more than two years.

"Restorative justice takes a much wider view of crime and conflict," explained executive director Dave Gustafson, who is an adjunct criminology professor at Simon Fraser University.

"It starts with questions about who's been harmed. It's harm-based, rather than being narrowly focused on what laws have been broken, who broke them and what punishment they deserved — the questions generally addressed by the criminal justice system."

The three-decade-old organization's approach offers a variety of tools, at the choosing of victims of crime, that attempt to create circumstances "in which there's the greatest likelihood of transformational change," Gustafson said — in hopes of helping victims heal, and to help offenders take "full responsibility for what they've done" and develop empathy, he said.

"Our statistics would indicate that does indeed happen … Both victims and offenders participating in our serious crime program were unanimously supportive of it, saying it really does create a healing mechanism for them."

Cragg came to understand Klatt never had a positive role model like her father was to her, and that his experiences with foster care and family mental illness had denied him a loving upbringing.

"It's a reflection of our society that we currently are more comfortable with seeing a victim in pain and angry, and an offender as a monster," she said.

"It lets us all off the hook when we think of victims and offenders this way, about our responsibility to care for people.

"My father died because a young man was given some of the worst circumstances we can imagine … So I'm not surprised that when he turned 23, he walked into my house wanting to steal something … to pay off drug debts just to get through the next couple days."

"I felt a confidence that was totally and utterly ripped away from me when I was 11 enter back into me," she said.

"I have never felt so free in my entire life — free of the sentence I feel was imposed on me as an 11-year-old girl."

> **"I have never felt so free in my entire life — free of the sentence I feel was imposed on me as an 11-year-old girl.** Carys Cragg

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Black Lives Matter opts out of Pride despite concession

PARADE

Police say float won't feature an armoured vehicle at event

Wanyee Li
Metro | Vancouver

Vancouver police confirmed Tuesday its contingent in this year's Pride parade will no longer include an armoured vehicle due to concerns raised by Black Lives Matter Vancouver, but some groups maintain they will not participate in the event.

The decision is the result of discussions with the city, Vancouver Pride Society, and Black Lives Matter, said police.

"We are very sensitive to their concerns. With that in mind we have decided this year to not include our citizen rescue vehicle, which is our armoured rescue vehicle in that parade," said S/Sgt Randy Fincham, spokesperson for the Vancouver Police Department.

He confirmed uniformed officers and police vehicles would participate in the parade.

BLM Vancouver and queer-Muslim group, Salaam, called the move a victory for the queer and trans community.

"To remove (the armoured response vehicle) represents a small step towards accepting and respecting Black Lives Matter as a movement and working towards inclusion of all queer and trans people, not just those with privilege," said Black Lives Matter Vancouver in a written statement.

But the group maintains it will not march in this year's Pride parade and will instead lead the Dyke March on Saturday.

"We are not boycotting it… just simply not attending by choice," a BLM Vancouver spokesperson told Metro.

Salaam and queer South Asian group Trikone are also not marching in Sunday's Pride parade, according to Imtiaz Popat, coordinator at Salaam.

Police would have to do more before all groups return to the parade, he said.

"The whole idea is the police force is a trigger for many of us in terms of police brutality against our community," he said.

"Moving forward, the Vancouver police department needs to apologize for the brutality against our community (and) all of our communities."

In response to backlash against the queer Muslim community and others following the Orlando massacre, Popat created a Two Spirit Queers, Trans, Intersexed, and Bisexual People of Colour Pride March scheduled for Monday, August 1.

"We want to say this is our Pride as much as anybody else and we don't feel like we belong," said Popat.

"We need to have our own march, our own space and have a healing circle."

While the decision to not march in this year's Pride parade has been made, Popat is hopeful there will be progress for next year's event.

"I think there is room for dialogue."

Fincham relayed a similar message at a press conference Tuesday. "It's a matter of meeting with those groups and sharing our values with them and sharing the similarities between those," he said.

People pack downtown streets during the Vancouver Pride Parade on August 3, 2014.
DARRYL DYCK/THE CANADIAN PRESS

APPEAL COURT

N.S. barristers' society can't block law graduates of B.C. school

The Nova Scotia Court of Appeal has upheld a decision allowing graduates of a controversial British Columbian Christian university law school to practice in the province.

On Tuesday, the court dismissed an appeal from the Nova Scotia Barristers' Society fighting accreditation for graduates of Trinity Western University law school, which is under scrutiny for forbidding sexual intimacy outside heterosexual marriage.

The barrister's society was also ordered to pay $35,000 in legal costs to the university, which welcomed the decision as a victory for freedom Tuesday.

"This recognition of the importance of freedom is something that we should celebrate, whether we're religious or not," said Amy Robertson, a spokeswoman for the university.

Trinity Western's plans to open a law school in Langley, B.C., has drawn criticism because students will be required to sign a "community covenant," or code of conduct.

It includes requiring students to abstain from gossip, obscene language, prejudice, harassment, lying, cheating, stealing, pornography, drunkenness and sexual intimacy "that violates the sacredness of marriage between a man and a woman."

Law societies in Nova Scotia, Ontario and B.C. have all opposed granting accreditation to Trinity law school graduates, sparking legal battles that have pitted freedom of religion against equality rights.

The appeal court found the society did not have the authority to "issue rulings whether someone in British Columbia 'unlawfully' violated the Human Rights Act or the charter.

"Trinity Western's activity occurred in British Columbia, and was outside the reach of Nova Scotia's Human Rights Act. As a private university, Trinity Western was not subject to the charter of rights. Trinity Western did not act 'unlawfully' under either enactment," the decision said.

> **This recognition is something that we should celebrate.**
> Amy Robertson

Society president Daren Baxter said the ruling is disappointing, but it's too early to know if they will take the legal battle to the Supreme Court of Canada.

Robertson said the court's decision upholds freedom of conscience and religion.

THE CANADIAN PRESS

GLACIER NATIONAL PARK

Man, 61, falls to death

A 61-year-old Vancouver man has been killed in a climbing accident in Glacier National Park, east of Revelstoke, B.C.

RCMP Cpl. Thomas Blakney says Carl Douglas died Monday evening while climbing the west ridge of Mount Tupper.

Douglas and two other well-equipped climbers were working their way up a steep incline when a rock sheared off as Douglas put his weight on it.

Blakney says Douglas lost his balance and fell about 300 metres to his death.

RCMP, the coroner and Parks Canada are investigating but Blakney says the trio did everything right before the unfortunate accident.

He says the west ridge is well known to climbers but the area is unpredictable because the rock is prone to environmental changes caused by repeated freezing and thawing.

THE CANADIAN PRESS

VANCOUVER ISLAND

Police look into dispute

Investigators on southern Vancouver Island are trying to determine why a dispute between a landlord and tenant escalated to a wild brawl in Sooke, west of Victoria.

RCMP say 10 people were involved, and weapons ranged from bear spray and a baseball bat to a steel pipe, brass knuckles, knives, and axes.

Four people were sent to hospital with various injuries, and the windows of two vehicles were smashed during the Friday night fracas.

Sooke RCMP say the fight started when a new tenant arrived with several other people to convince an existing tenant to leave the property.

Seven men and three woman were involved.

Police say assault and weapon offences are being considered against nine of the 10 participants.

THE CANADIAN PRESS

10
The number of people police say were involved in the brawl.

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MENTAL HEALTH

Hearing delayed for father found not criminally responsible for killing kids

An annual hearing to review the confinement of a mentally ill British Columbia man who killed his three children has been adjourned for 10 months.

The province's Criminal Justice Branch says Allan Schoenborn consented to delaying this Thursday's hearing while B.C. Crown lawyers seek to have him designated a "high-risk" accused, tightening his restrictions for confinement.

Schoenborn's last annual review at the Forensic Psychiatric Hospital near Vancouver upset family members of his victims because he asked to be granted supervised outings into the community.

Schoenborn was successful in his bid last year — although he hasn't yet left the hospital grounds — and a court proceeding in May heard his treatment team was planning to oppose that privilege this year.

The Criminal Justice Branch says the hospital will not facilitate any supervised outings in the time before Schoenborn's next B.C. Review Board hearing in May 2017.

Schoenborn was found not criminally responsible on account of mental disorder in February 2010 after stabbing his 10-year-old daughter and smothering his eight- and five-year-old sons at their home in their Merritt, B.C.

THE CANADIAN PRESS

Tiffany and Kim Nguyen, sister and mother to the slain Jason Nguyen, appealed to the public for information that would help solve his death one year ago. WANYEE LI/METRO

Reward out over killing of teenager

CRIME

$10,000 offered for information about death of Jason Nguyen

Wanyee Li
Metro | Vancouver

Vancouver police are offering a reward of up to $10,000 for any information that leads to charges in the investigation of the killing of a 15-year-old boy one year ago.

Police describe Jason Nguyen's death as a targeted murder of an innocent boy and say no tip is too small at this point in the investigation.

"He had no associations to crime whatsoever and he was truly an innocent child," said Staff Sgt. Randy Fincham, spokesperson for the Vancouver Police Department.

Nguyen was killed on June 26, 2015 after suffering what police describe as very serious injuries in or around his home near East 24th Avenue and Rupert Street. His older sister called 911 at around 3:00 p.m. after he stumbled into her bedroom, covered in blood, but he died later in hospital.

But while Nguyen was an innocent victim, his killing was not random, said police. Investigators believe one of Nguyen's acquaintances did something that provoked his death.

"We don't believe Jason was randomly murdered. We believe somebody intentionally had done this to Jason and it's his acquaintance with another person that led to that," said Fincham.

Those extraordinary circumstances prompted the police to announce the reward.

"It doesn't happen very often that we've actually shared any of the rewards we put out there," said Fincham.

Jason's sister spoke at Tuesday's press conference, pleading with those who know what happened to her brother to come forward.

"He is my only brother. It's so hard for me, and it's really hard for my parents too, because he's their little son," said Tiffany Nguyen, who was joined by her mother, Kim.

"They've raised him up to now and all of a sudden he's gone. And they don't know why. He's a good kid."

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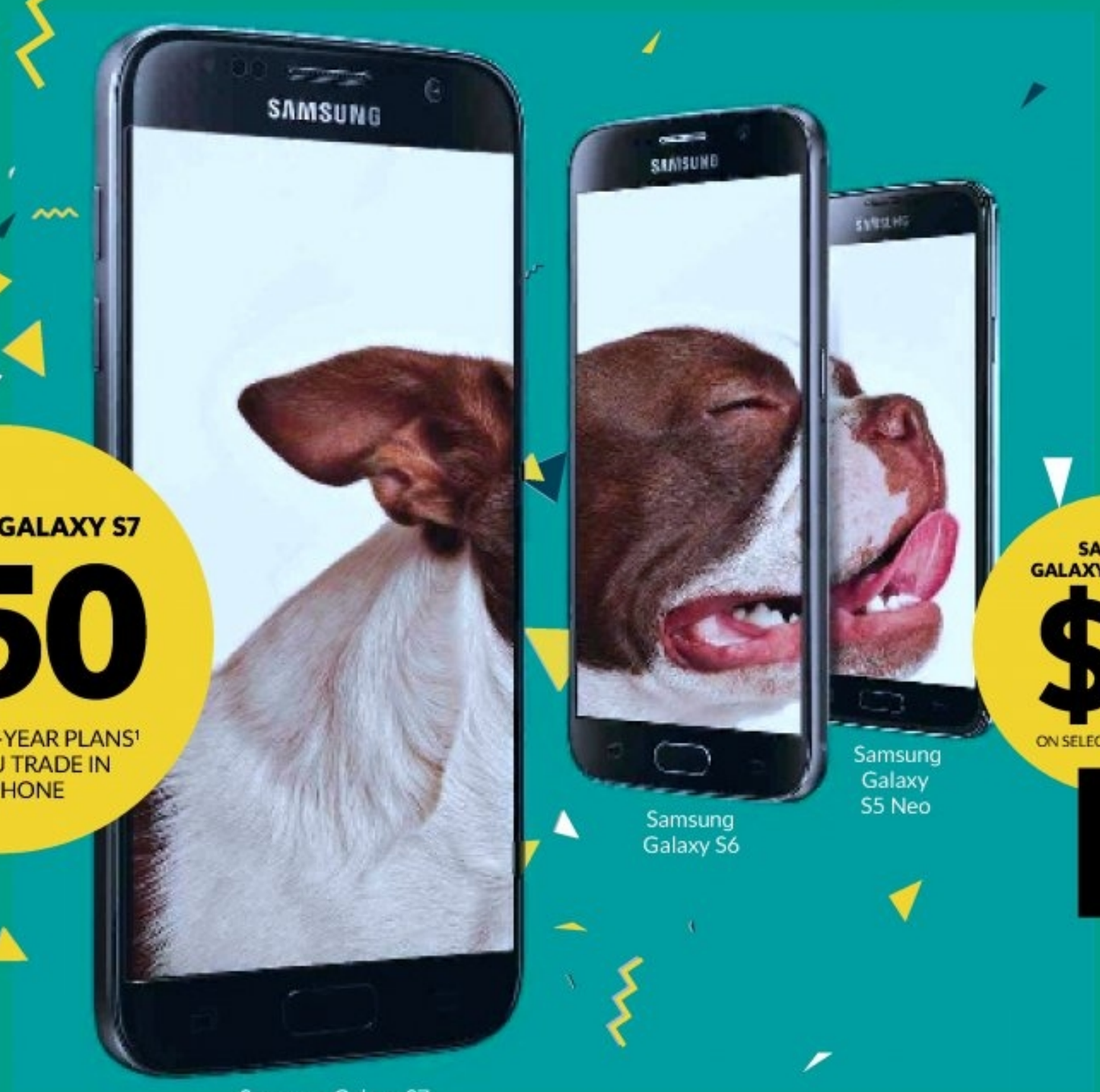

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Details emerge in arrest death

OTTAWA

Neighbours say Abdirahman Abdi a 'peaceful person,' quiet

Joe Lofaro
Metro | Ottawa

For the past six years, the owners of the Aljazeera Food and Meat Market in Ottawa's Hintonburg neighbourhood would often see Abdirahman Abdi stroll into their shop to buy phone cards to call his relatives in Somalia or to pick up some food for his family.

"He was a very, very quiet person. A very peaceful person. It was a big shock to me," said Hani — who declined to give his last name — from behind the counter Tuesday morning, still reeling from Abdi's death.

The 37-year-old Somali-Canadian's death on Sunday while in Ottawa police custody following an altercation is sending shock waves across the immigrant community and is now the subject of an investigation by the Special Investigations Unit, a civilian police oversight agency. Several witnesses and family members say he suffered from an unspecified mental illness.

The SIU is currently interviewing two subject officers involved in the incident and five witness officers.

Graphic video footage emerged Tuesday morning on YouTube appearing to show Abdi lying motionless in front of the apartment building's entrance in handcuffs with his T-shirt and face covered in blood. At least one woman can be heard in the video wailing from inside the lobby, while a man tells four Ottawa police officers off-camera, "This is the family. I am the superintendent."

Another YouTube video — which, according to the person who posted it, was shot from the same building's ninth floor — appears to show Abdi moving his legs while he is pinned underneath an officer. In the distance, a man can be heard yelling, "What's wrong with you guys? What the heck?"

Residents express fear

Questions continue to swirl around the nature of Abdi's death, which is making national headlines as the Ottawa Police Service faces backlash for how the event unfolded. Neighbours and fellow Hintonburg residents all say Abdi was a peaceful and quiet man.

Bosco Kiabu, originally from the Democratic Republic of the Congo, lives in the same building as Abdi's family. He said Abdi would often offer to help him brings bags into the building when he bumped into him. He was quiet and was not aggressive, he said.

According to Kiabu, things changed after Abdi returned to Canada from Somalia in early 2016. He was a different person, Kiabu said.

"Before he was good. He was talking," he recalled, before the trip to Somalia. But Kiabu says he noticed a change when Abdi returned from the Somalia trip.

"He was sick in the head. Like mental or something."

The incident has shaken Kiabu.

"I'm very scared. I'm scared when police come very close to me," he said. "That imagination come to me, like, I don't know, if I say any word it can happen like (Abdi)."

Clockwise from right: Abdourahman Kahim, a friend of the family, at a makeshift memorial outside Abdi's apartment building in Ottawa; ice cream shop owner Andrea Stokes writes on a street sign outside her store Tuesday; Kids write RIP with sidewalk chalk outside the building where the altercation took place. JOE LOFARO/METRO

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Hillary Clinton on Monday in Charlotte, N.C. JUSTIN SULLIVAN/GETTY IMAGES

HILLARY MAKES HISTORY

U.S. ELECTION

Clinton is the first woman to win nomination for president

On a night awash in history, Hillary Clinton triumphantly became the first woman to lead a major American political party toward the White House, breaking through a barrier that painfully eluded her eight years ago.

She put an electrifying cap on the Democratic convention's second night, appearing by video from New York and declaring to cheering delegates, "We just put the biggest crack in that glass ceiling yet."

Minutes earlier, former president Bill Clinton took on the role of devoted political spouse, declaring his wife an impassioned "change-maker" as he served as character witness. He traced their more than 40-year political and personal partnership in deep detail.

"She has been around a long time," he acknowledged. Casting her experience as an attribute, he added, "She's been worth every single year she's put into making people's lives better."

For a man more accustomed to delivering policy-packed stem-winders, Clinton's heartfelt address underscored the historic night for Democrats, and the nation. If she wins in November, the Clintons would also be the first married couple to each serve as president.

She will take on Donald Trump, who won the Republican nomination a week ago. Trump, who campaigned Tuesday in North Carolina, mocked the former president's speech in advance, calling him "overrated."

At Trump's convention last week, Clinton was the target of blistering criticism of her character and judgment, a sharp contrast to the warm and passionate woman described by her husband. Seeking to explain the vastly different perceptions of his wife, Clinton said simply, "One is real, the other is made up."

The former president took voters back to a time before an affair with an intern led to his impeachment — and to intense public scrutiny of the first couple's marriage. While her aides believe his past transgressions are old news to voters, they have flared up anew at times during the campaign, with Trump often leading the charge.

Bill Clinton headlined the second night of the Democratic convention, a jubilant celebration of her formal nomination for president. In an important move for party unity, her primary rival Bernie Sanders helped make it official when the roll call got to his home state of Vermont, prompting delegates to erupt in cheers. It was a striking parallel to the role Clinton played eight years ago when she stepped to the microphone on the convention floor in Denver in support of her former rival, Barack Obama.

This time, Clinton shattered the glass ceiling she couldn't crack in 2008.

She leads a party still grappling with divisions. Moments after Clinton claimed the nomination, a group of Sanders supporters left the convention and headed to a media tent to protest what they said was their being shut out of the party. At the same time, protesters who had spent the day marching in the hot sun began facing off with police.

Trump cheered the disruptions from the campaign trail. In North Carolina, he told a convention of the Veterans of Foreign Wars that, "our politicians have totally failed you."

THE ASSOCIATED PRESS

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Killer was being watched

FRANCE

Murder of priest took place while tracking device was switched off

Two women mourn in front of the city hall of Saint-Etienne du Rouvray on Tuesday. CHARLY TRIBALLEAU/AFP/GETTY IMAGES

Daesh crossed a new threshold Tuesday in its war against the West, as two of its followers targeted a church in Normandy, slitting the throat of an elderly priest celebrating Mass and using hostages as human shields before being shot by police.

One of the assailants was identified as Adel Kermiche, a 19-year-old who grew up in the town and who had tried to travel to Syria twice last year using family members' identity documents, but was arrested outside France and handed preliminary terrorism charges.

Kermiche was put under house arrest with an electronic surveillance bracelet after a judge overruled prosecutors and agreed to free him, Molins said. However, the bracelet was deactivated for a few hours every morning as part of the surveillance agreement, Molins said — hours that corresponded to the time of Tuesday's attack.

It was the extremist group's first attack against a church in the West, and fulfills long-standing threats against "crusaders" in what the militants paint as a centuries-old battle for power. One of the attackers had tried twice to leave for Syria; the second was not identified.

"To attack a church, to kill a priest, is to profane the republic," French President Francois Hollande told the nation after speaking with Pope Francis, who condemned the killing in the strongest terms.

The Rev. Jacques Hamel was celebrating Mass for three nuns and two parishioners on a quiet summer morning in Saint-Etienne-du-Rouvray when the attackers burst in and forced the 85-year-old priest to his knees before slicing his throat, according to authorities and a nun who escaped.

The two attackers were killed by police as they rushed from the building shouting "Allahu Akbar," Paris prosecutor Francois Molins said.

One had three knives and a fake explosives belt; the other carried a kitchen timer wrapped in aluminum foil and had fake explosives in his backpack.

A statement published by the Daesh-affiliated Amaq news agency said Tuesday's attack was carried out by "two soldiers of the Islamic State" who acted in response to calls to target nations in the U.S.-led coalition fighting the extremist group in Iraq and Syria.

Haras Rafiq, managing director of the Quilliam Foundation, described the attack as a turning point. "What these two people today have done is ... shifted the tactical attack to the attack on Rome ... an attack on Christianity," he said.

He warned that it could "radicalize people from both sides of the communities. Muslim and non-Muslim."

THE ASSOCIATED PRESS

ASIA

Japan shocked by mass slaying

The killing of 19 people at a home for the mentally disabled raised questions about whether Japan's reputation as one of the safest countries in the world is creating a false sense of security.

The deadliest mass killing in Japan in the post-World War II era unfolded early Tuesday in Sagamihara, a city about 50 kilometres west of central Tokyo, when authorities say a former employee broke into the facility and stabbed more than 40 people before calmly turning himself in to police.

While not immune to violent crime, Japan has a relatively low homicide rate of well under one per 100,000 people. Mass killings usually are seen half a world away on the nightly news, although seven Japanese were among the dead in a recent hostage-taking in Bangladesh that targeted non-Muslims.

Because such massacres are rare, Japan has become overconfident about its safety, a Japanese criminologist said.

For crime prevention, the country relies on its social system in which a group mentality sacrifices individual freedom for collective safety, said Nobuo Komiya, a criminology professor at Rissho University in Tokyo.

As a result, it has neglected risk management, he said.

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metro VIEWS
Your essential daily news
Wednesday, July 27, 2016

GUEST OP-ED ROBIN V. SEARS DEFENDS U.S. CONVENTION GLITZ

If you had sat in New York when Mario Cuomo gave his 'city on the hill' speech, or in Denver as Obama captivated more than 50,000 souls, you'd have respect for the power of American political showmanship.

It is a predictable four-year ritual for Canadian pundits to sneer at the glitz, showmanship and substance-free style of American political conventions. Those sneerers merely reveal their ignorance of cultural differences.

First, U.S. conventions on television are the tip of a political iceberg. Each day there are more than one hundred caucuses, off-site speeches and parties, parties, parties. Having sacrificed my liver in the interests of political education on more than 10 occasions as a "foreign guest" of both Republican and Democratic conventions, I can attest that they are a powerful and effective political tool.

Yes, we would not feel comfortable being used as a TV audience for four hours for four nights at our conventions. And yes, the glitz and hyperbole and the comedians and stars seem over-the-top to Canadian sensibilities. We are not Americans.

When U.S. visitors sag wearily at our less showbizzy conventions and roll their eyes at our captivating two-hour constitutional debates, we should perhaps honour, not sneer at, our cultural differences. Our respect for those differences is an important glue in our friendship.

If you sat in New York when Mario Cuomo gave his "city on the hill" speech; or saw the unknown state senator from Illinois electrify the 2004 convention in Philadelphia, watched in horror by Hillary Clinton only a few feet away; or sat slack-jawed in 2008 as Obama in Denver captivated more than 50,000 souls, who had waited not less than three hours frying in 30 C-plus heat in a massive stadium — you'd have respect for the power and impact of American political showmanship.

This is not about showbiz, it is about political mobilization. No one can dispute their approach is more effective than ours.

Common to both our convention cultures is bonding — activists who never get to see each other except at these occasions will drink, eat and … spend the night together. Sometimes in ways that form the bonds of party solidarity, sometimes generating the next generation of convention partiers. Alliances are struck; political partnerships are formed. Political wounds are healed over a final 4 a.m. toast in a garbage-strewn empty hospitality suite.

ONLY IN AMERICA Sen. Al Franken and comedian Sarah Silverman speak during the first day of the Democratic National Convention in Philadelphia on Monday. THE ASSOCIATED PRESS

Political parties have a hard time today winning a share of their activists' time and enthusiasm. They compete with Pokémon, Snapchat and preening sports stars for attention. It's partly their fault: They have become too elitist, too exclusive … and worst of all, too boring to a new generation.

Would any Canadian political-convention director have had the guts to risk potty-mouthed Sarah Silverman and Sen. Al Franken doing a comedy routine on opening night? Or risk having a cerebral-palsy speaker becoming a lightning rod for exploitation criticism?

Candidly, no. As a result, Canadian political conventions get embarrassing TV ratings. The best nights for U.S. conventions are at the level of Super Bowl audiences.

This is not about showbiz; it is about political mobilization. No one can dispute their approach is more effective than ours. Behind the scenes they do the private interpersonal work of party building. In public they do the work of introducing their voters to their choices in a compelling and high-impact manner.

Proof?

Each party typically gets a 3 to 6 per cent boost in popularity following their nights of celebration. Ours never do.

So the next time someone sneers at the "shallow American glitz" of U.S. political conventions, you might mildly point them to YouTube highlight reels: Goldwater's 1964 "Extremism is no vice!" speech, Jesse Jackson's bitter concession speech, Bill Clinton's stage-stealing speech in 2008 and a dozen others.

This year, turn to the DNC's "Studio 2016" on your smartphone to see not only a live stream of the entire convention but dozens of side alleys to interviews, profiles and commentary provided by a huge team of digital-production experts. Then be in awe of the ability of America's political professionals to meld star power, technology and political organization in a way no other democracy can do.

If you need further proof about impact, look up Cory Booker, as the networks split the screen to show the oratorical political star of his generation, Bill Clinton, stare at first skeptically and then with smiling interest and finally with ecstatic pleasure at Booker's barnburner. See Michelle Obama deliver a speech so stunning it will be studied for years. Elizabeth Warren's forensic evisceration of America's Berlusconi. And Bernie Sanders' demonstration of genuine political grace in rallying his heartbroken supporters to his enemy.

Imagine the young voter in rural Mississippi or a Newark slum moved by such oratory, seeing for the first time possibility and promise and potential. Then accept that yes, U.S. conventions are very American.

But no, they are not shallow. They are a key pillar of their democracy.

Robin V. Sears is a leadership fellow at the Broadbent Institute.

'Peg deserves better than to have Hull in hall

Colin Fast
Metro | Winnipeg

For the past 15 years, True North Sports & Entertainment has been an ideal corporate citizen in Winnipeg. It brought two professional hockey teams to town (the Winnipeg Jets and, before them, the Manitoba Moose), built an arena and a training complex, raised millions for charities and is investing millions more in redeveloping the city's downtown.

So why the hell is the company inducting Bobby Hull into its new Winnipeg Jets Hall of Fame?

Of course Hull is celebrated locally for his role in bringing pro hockey to Winnipeg in the early 1970s and for helping the Jets win several WHA championships. His exploits on the ice are unassailable.

Unfortunately, his well-documented troubles off the ice have largely been forgotten over the years. So maybe it's time for a refresher.

Hull's second wife, Joanne, accused him of abuse during their 20-year marriage, which included his time with the Jets. During one incident, she said, he threatened her life with a loaded shotgun. During another, she said, he beat her in the head with the heel of a shoe and then dangled her over a balcony. "I thought, this is the end, I'm going," she told ESPN as part of a 2002 documentary. And physical cruelty was featured prominently in testimony during the couple's 1980 divorce.

The abuse was corroborated by Hull's own daughter, now an attorney who specializes in domestic-violence cases, during an ESPN interview.

Hull remarried in 1984, and two years later was arrested on charges of battering his third wife, Deborah, during an argument in the parking lot of their Chicago-area condo complex. "There was evidence he had struck his wife in the face," police said at the time. "She had some contusions, some swelling."

Hull's wife later refused to press charges against him, but he did plead guilty to assaulting a police officer during the incident.

When he was asked by the National Post in 2010 about previous allegations of abuse, Hull said, "I think my wife is a better wife now than when we got married."

If that isn't repugnant enough, consider Hull's quotes in a 1998 Moscow Times story when he said the black population in the U.S. was growing too fast and that Hitler "had some good ideas. He just went a little bit too far."

Credible domestic-violence allegations, assaulting a police officer, and racism? Pro-Hitler sentiments? Geez.

This organization rightfully shipped Evander Kane out of town for skipping a few practices and restaurant tabs, yet it's going to throw a celebration for Bobby Hull?

This honour might make a few old-time hockey fans happy, but it's a crosscheck to the face of the wider community that True North has tried so hard to serve over the past 15 years. Hull may have been a great Jet, but the Jets, True North and Winnipeg are better than Bobby Hull.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter.

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New Sprout Pencil turns waste into plants — stub of pencil is filled with seeds

Mooove over conventional dairy

WATER BUFFALO

A boom in an unusual milk is being driven by foodie culture

Genna Buck
Metro Canada

At Gerry McClintock's home, buffalo roam.

Business is booming at his family dairy farm near Courtenay, B.C. — but not thanks to conventional dairy cows.

He raises water buffalo: docile, river-dwelling dairy animals of South Asian origin; not to be confused with North American bison or African buffalo — you'd be wise not to try milking either of those.

He's milking a growing market for products made with rich, creamy buffalo milk.

In the five years he's been in business, growth has been strong and steady at about 10 per cent a year, until now.

"Recently it's really started to take off," McClintock said. "We're expecting growth in the 30 per cent range this year."

About half his milk is made into yogurt even thicker than the Greek type, because it's so high in fat and milk solids and naturally exists in a homogenized state.

The rest is sold to producers of cheeses including mozzarella di bufala, an ultra-creamy Italian delicacy that's particularly tasty in a Caprese salad with tomatoes and fresh herbs.

Water buffalo from the McClintock family's herd near Courtenay, B.C. CONTRIBUTED

Georgs Kolesnikovs, founder and director of the Great Canadian Cheese Festival, is a fan.

"Buffalo milk makes an exceptional cheese. It's porcelain white. It's a richer, fattier cheese than cow's milk and the taste is a richer dairy taste," he said.

And nothing, he said, compares to buffalo ice cream: "The first time I had ice cream with water buffalo, I asked, 'What is this? This is just heavenly!' Very creamy, very rich, very white."

Kolesnikovs, too, has witnessed a buffalo boom. "When I started the first cheese festival in 2011, I think I could count the number of cheese producers using this milk on one hand. There were maybe two or three," he said. "Now there are probably two dozen."

Why? Growing interest in gastronomy.

"It's driven by the real cheese enthusiasts, the foodies. They want something better, more natural, healthier, more local."

McClintock recognized the demand for the types of products he produces: with no additives or imported ingredients, using animals that are 100-percent grass-fed.

But there's another reason he got into the buffalo business after years as a beef farmer. His daughter studied dairy farming and had wanted to get cows, but the amount the family would have to pay for a quota — a one-time fee of $43,000 per animal, according to the B.C. milk marketing board — "didn't make economic sense."

And buffalo yogurt and cheese, still niche items and mostly handmade, command a premium price, as opposed to commodity-priced cow's milk.

Still, Kolesnikovs doesn't expect Buffalo stuff to sell on par with conventional dairy any time soon. There's still a large group of Canadians who are icked out by buffalo dairy — possibly because it's "exotic" and unfamiliar.

They might warm up to the idea after meeting a water buffalo in person. Compared to cows, they're positively cuddly, with personalities, "just like a dog," according to McClintock.

"Supposedly they make wonderful pets, if you want a 2,000-pound pet," Kolesnikovs said.

NUTRITION COMPARISON

Per 100g of milk

Cow's milk	Buffalo milk
Calories 62	Calories 99
Protein 3.3 g	Protein 4.0g
Fat 3.3g	Fat 7.5g
Calcium 112 mg	Calcium 191g

U.N. FOOD AND AGRICULTURE ORGANIZATION

Mozzarella di bufala is a creamy Italian cheese made with buffalo milk. A version is now being made in Canada. ISTOCK

The payoff

How to clear your credit-card balance

ISTOCK

Sean Deasy

Everyone has their own way to manage credit-card payments. Some people prefer to pay off their debts entirely each month — but it's not always easy. Here are some practical ways to get there:

Stay on top of your budget, especially discretionary expenses like shopping sprees and nights on the town. As a reminder of what you're spending each month, you can choose to receive a regular text, email or other notification from your credit-card provider, which can include your balance, payments and recent statements.

Automatic payments are a handy tool. The service automatically deducts the amount you wish to pay each month from a chosen account, thus avoiding that last-minute scramble and stress of getting your full payment in on time. You can also try using your credit card like a debit card: only swiping for a purchase if you know you have enough funds in the bank to cover the cost.

Paying off your credit-card balance each month doesn't just save you the interest costs, it also demonstrates your ability to make timely and consistent payments — important factors in assessing your credit rating when it's time to borrow for a major purchase like a home. As a guide, try to keep your balance below 75 per cent of your authorized limit. It's a good habit to get into and the strong credit score will pay off in the long run.

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ISTOCK

Balancing Act

Managing a credit-card balance in a pinch

Sean Deasy

Whether it's a financial emergency or a simple lack of funds, sometimes carrying a balance on your credit card is a necessity. In such cases, it's important to be financially savvy and use your payments responsibly. Try these tips to keep your balance from tipping over:

Before you sign up for a new credit card, look for one with a low interest rate that will keep your carrying costs from ballooning too quickly. Keeping your card's credit limit low will also help keep you from spending more than you can handle.

If you find yourself in the middle of a cash-flow crisis — the sudden loss of a job, for instance, or an unexpected expense like a car repair or appliance replacement — a credit card can be a great tool to help you get back on track. Try to put as little as you can on the card and work toward paying off the balance quickly. A low-interest card can help, as can keeping a close watch on your monthly budget.

Try to put as little as you can on the card and work toward paying off the balance quickly.

Above all, if you do carry a balance, try not to let it get near your credit limit and take care to avoid making late payments. Both of these can make your credit more expensive and can have a negative effect on your credit rating.

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FARMING

Ontario pair is growing tropical fruit in the north

A business idea that's a little bananas

Terry Brake and Laurie Macpherson have started a tropical fruit farm in Blyth, Ontario. ISTOCK

Terry Brake was in a car crash 11 years ago that left him with a brain injury and forced him to quit his job as a mechanical engineer. He had to relearn how to walk and talk, and was unable to work longer than two hour stretches.

As part of his therapy, Brake was given a banana plant from his South African doctor to help relax him. That gesture planted an idea. When his longtime caregiver Laurie Macpherson bought a 40-hectare farm in Huron County the idea took seed. They became business partners and started a tropical fruit farm.

Growing bananas and papayas in Ontario's climate would appear to be an impossible endeavour without a sophisticated laboratory and team of horticulturalists. However, the two simply started seeding and graphing plants on their own and with lots of trial and error, it took root.

The cost of bananas is four for $2 while papayas are $3 each, compared to the average of $1.20 and $6 respectively at the big supermarkets.

Located in Blyth, about a three-hour drive west of Toronto, Macpherson and Brake needed a career change when they started the farm in 2010. The locals were skeptical when word got out they were growing bananas.

"We've been accused of growing pot or we were getting it from the food terminal," says Macpherson, who was previously a law clerk for 25 years.

"So we had open houses, asking them to come in and see it for themselves."

A cluster of 10 banana trees with broad, fragrant leaves hits you in the face as you step deeper into the hoop house, essentially a giant plastic tent with metal arches grounded by wooden planks. The bananas are still green and won't be ready for market for another week, but Macpherson goes into her house to fetch a plate of Lady Fingers, a type of fat little bananas with thick skins, that's sweeter than the Cavendish, the variety produced for export markets.

A circular path along the perimeter of the house is dotted with pineapple plants, long spiky leaves poke your ankles as you walk past trees sprouting guava, papaya and oranges. Brake, who acts as the farm's administrator, plucks a leaf from the lemon tree for me to smell. The scent was more intense than lemon zest.

"Our dream is to see growing everywhere and not have to depend on other countries and employ local people," says Brake, "We don't need to rely on boats or planes and we can have better tasting fruit that would otherwise rot during transport."

"We travel to the Dominican Republic and get tips from the plantations there. We also made a friend in Jamaica who works at a resort and showed us how to graph and grow the plants," says Macpherson. "We also learned that orange trees have to be constantly trimmed before they bear fruit, and that lemons have to be picked before they turn yellow or else they rot quickly."

This year, they're introducing lychee, starfruit and passionfruit. The one crop that failed to flourish? Coconut. The cold-sensitive tree didn't survive the winter and the two thought it was too much trouble to replant it.

But how do the rest of the plants fare since Ontario is far from having a tropical climate? When temperatures start dipping, the hoop houses are heated by an outdoor furnace fuelled by wood cut down on the farm's property. "We do select cutting," says Brake. "We have loggers cut trees from an area and we don't cut from it again for 20 years. We noticed in the last six years, our maple trees have gotten bigger because they have more room to grow now."

The duo's efforts aren't being universally praised by the community, however. The farm is currently facing multiple charges from the Township of Huron and Huron County as well as a single charge from the Maitland Conservation Authority for allegations including failure to obtain permits for its hoop houses as well as altering the wetland and clear-cutting on their property.

When contacted for a statement, The Township of Huron and Maitland Conservation Authority said they cannot comment on matters regarding ongoing cases.

Brake and Macpherson are scheduled to go to pretrial with the conservation authority in December and the next court date with the township is in October.

Brake is optimistic that the legal hurdles will clear by the end of the year. The two hope to expand operations and build 100 hoop houses on the property next year so they could reach other markets in Ontario like the GTA.

"The county put us in a pickle but we're here to stay," says Macpherson.

TORSTAR NEWS SERVICE

FRUITS OF THEIR LABOUR

Here's just a few of the fruits that Brake and Macpherson have grown:

- **Bananas**
- **Papayas**
- **Pineapple**
- **Oranges**
- **Lemons**

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Chocolate milk

Make sure your milk isn't dessert in a bottle!

PICK THIS

Chocolate milk (237ml)

Calories 150
Fat 2.5g
Sugar 24g

SKIP THIS

Cadbury Caramilk Caramel Chocolate Milkshake (310ml)

Calories 300
Fat 7g
Sugar 47mg

HERE'S WHY

Equivalent to a medium Chocolate Dipped Cone from Dairy Queen in sugar

Chocolate milk is a favourite of kids and adults alike, and is seen as a fairly healthy way to get in one's milk intake. It gives you eight grams of good quality protein, and if you're working out intensely the carbohydrates help replace lost glycogen that gives you energy. If you're going to enjoy a chocolately beverage, make sure it's regular lower fat chocolate milk and not a liquefied chocolate bar! The Cadbury Caramilk Caramel Chocolate Milkshake is not a milk alternative — it's got double the calories, fat and sugar.

CONSUMING

Shop local on Food Day Canada

Anita Stewart wants people to prepare Canadian food — it keeps the country's producers and processors in business and defines our culinary identity — and decided to lend a helping hand.

She has compiled a list of 100 per cent Canadian ingredients that can be used to set the table, especially on Food Day Canada, an annual culinary party spearheaded by Stewart since 2003. This year's edition takes place Saturday. Stewart says the event is a chance for Canadians to celebrate and support the country's food producers. She expects some 250 restaurants across the country to mark the occasion.

Her shopping list has 149 items on it, to mark one year till Canada's sesquicentennial.

"If I tell people to cook like a Canadian I have to tell them how to shop like a Canadian and it seemed to me it was becoming more and more difficult to figure out exactly what is on the shelves and farmers markets," says Stewart, who is the food laureate at the University of Guelph and a member of the Order of Canada for promoting Canada's culinary identity.

Shop Canadian for Food Day Canada. THE CANADIAN PRESS

Part of the difficulty is the way food is labelled. According to the Canadian Food Inspection Agency, a "Product of Canada" label means that all, or nearly all, of the food, processing and labour used to make the food is Canadian. The ingredients were grown or raised by Canadian farmers and prepared and packaged by Canadian food companies. But when it comes to "Made in Canada," it can get confusing. "Made in Canada from domestic and imported ingredients" on a food label means a Canadian company was involved in some of the preparation of the food and it contains some food grown by Canadian farmers and some that's been imported.

THE CANADIAN PRESS

LIQUID ASSETS

Vinho Verde perfect for summertime sipping

It's summertime and the drinking should be easy, with light, fruity reds and cool, crisp whites your go-to wines when the heat is on. Though the list of whites staking claim to the title of the quintessential summer sipper is long, for me those from the Portuguese region of Vinho Verde (which translates to green wine) deserve the crown. Located in the north western part of the country and stretching along the Atlantic coast, Vinho Verde grows close to 20 different white grape varieties which are mixed and matched to create a diverse array of wines. Typically low in alcohol with a slight hint of effervescence and bright acidity wines like Sogrape's Gazela Vinho Verde ($9.05-$12.99) are a natural match for warm days and seafood heavy menus. PETER ROCKWELL/METRO

Anatomy of a stage

Before a band takes the stage, an entire crew designs everything from the lights and multimedia played on screen to where singers stand. Montreal-based Lüz Studio was tasked with creating the Panic at the Disco show currently touring North America. We got a backstage pass to see what goes into making the performance pop.

MEGAN HAYNES FOR METRO CANADA

COURTESY JAKE CHAMSEDDINE

Setting the stage

The stage itself is one of the biggest factors when designing a set, says Matthieu Larivée, lighting and visual designer for Lüz, but perhaps not in the way most people think. Since the concert tours the continent, the designers have to take into account the different sizes and settings of arenas, from large outdoor spots, like the recent stopover in Toronto at the Molson Amphitheatre, to smaller indoor stages. As a result, three different sets are created for small, medium and large stages. The large version has extra elements on the side, while the smallest setting is pared back to the basics.

The video

Since the show starts early with the sun still high in the sky, the first half of Panic's show is video-based. Lüz took full advantage of the giant 16-foot LED screen and created an array of animated graphics to be intercut with live footage of the band. Three weeks of programming and animation went into creating the content, which is all based on the band's personality (such as a car riding through the city before pitching into a pool, inspired by Panic's latest album cover), Larivée says. Live footage (intercut with some graphics), helps those in the cheap seats a better view. The video content is triggered by an audio sensor that picks up the drummers' tempo, so there's no risk of a mismatch should the band tweak the lineup at the last minute.

THE SET

Lüz was told to "think like Sinatra" when designing the set, Larivée says, so everything has an art-deco feel to it. For example, the platforms on which the band plays are covered with back-lit panelling, which is made of an exclamation-mark pattern.

THE LIGHTS

The LED screen splits in two midway through the concert, revealing the band's second act: a 16-foot "Magic Wall" of lights. Each fixture weighs about 60 pounds, and is programmed to act as an extension of the screen.

The teardown

Panic at the Disco co-headlines the tour with Weezer, a band with a completely different personality, says Larivée. Both have distinct sets, and neither share much in the way of equipment except for the backscreen. This means the 20,000-pound Panic stage is designed to be easy to tear apart after the band finishes its half. The entire set, including the massive surprise piano platform that rolls out midway through the concert, takes less than 10 minutes to dismantle.

CULTURE TREND

Finding love in the age of Pokémon Go

Of all the "Pokéstops" in all the towns in all the world, she had to walk into his.

Brandon Yaghobi, a 22-year-old college student, was looking for Pokémon with the new hit smartphone app, but may have found a real catch instead.

He met a young blond woman outside the Parliament St. branch of Toronto Public Library, where another gamer had left some virtual bait known as a lure.

"Are you playing Pokémon, too?" Yaghobi asked her. For 20 minutes, they chatted about everything and nothing: work, their neighbourhoods, the Pokémon they had and those they wanted. They stopped talking only to nab the digital creatures that flashed on their cellphone screens. The two went their separate ways before Yaghobi thought to ask for her number.

"I hope I see you again," he called out to her after she started walking away. "And she just like turned around and smiled, and then I'm like, 'Damn.' Should've got her name, should've got her number, should've got something, you know?"

The same night, Yaghobi tried to reach out to her by posting a missed connection on Craigslist, the online equivalent of sending a message in a bottle. "You offered me an Ice Cream Bar.. I was too shy to make a move.. Maybe we can go hunt some Pokemon sometime?" he wrote.

Alas, he hasn't heard from her.

Unbeknown to Yaghobi, he wasn't the only Pokémon Goer searching for the one that got away. Gamers who — in the words of one Pokémon-related missed connection — were struck by "cupid's Pokéball" have posted personals ads on the popular classifieds site in major North American cities, from coast to coast.

Denise Marigold, a social psychologist at the University of Waterloo, says there is no clear explanation for this apparent trend. One possibility, she says, is that the rush of catching a rare Pokémon adds to the excitement of meeting someone new.

"You feel a sudden thrill and you look up and there's a cute person and you feel more of a thrill in their presence," she said.

At least one company has noticed that there's love in the air as well as Pokémon — and it's attempting to cash in. A Chicago start-up is offering to set gamers up on PokéDates. After filling out a questionnaire online, they are fixed up with someone else for free the first time and $15 for every subsequent date. Canadians will be eligible for PokéDates starting next week, a company spokesperson told the Star.

PokéDates aren't Yaghobi's style, he said. He prefers to leave things up to fate. After last week's chance encounter, he isn't exactly optimistic about hearing from the girl at the Pokéstop. Without seeming overeager, he said it would be nice to run into her again. "I am very shy so half the time I'm like 'it's probably better if we don't meet,'" he said.

TORSTAR NEWS SERVICE

+ MISSED CONNECTIONS

Lovestruck Pokémon Go players are searching for the one that got away, here are a sampling of Craigslist missed connections:

Chicago, w4m (woman seeking a man), July 19: "Me: blue-eyed brunette in black. You: tall, good looking bearded guy in a plaid shirt ... I wanted to invite you to go Pokemon hunting, but was embarrassed to say it out loud."

San Francisco, m4m, July 17: "You were wearing shorts and had a backpack on, I think you also had two phones with you. Big cave legs."

New York City, w4m July 13: "I wanted to talk to you but you were so engrossed in your phone and I had to leave for work ... If you see this, come catch me at Webster Hall later ... & let's catch Pokemon together."

Brandon Yaghobi, 22, was searching for Pokémon when a mystery girl caught his eye. MARCUS OLENIUK/TORSTAR

JOHANNA SCHNELLER **WHAT I'M WATCHING**

A sketch show that knows when to keep it short

THE SHOW: Baroness von Sketch Show, Season 1, episodes 3, 4, 5
THE MOMENT: The short sketches

Episode 3: The title card reads, "Moms Say Hello." One by one, various moms knock on back doors, pass each other walking, answer phones, tentatively open basement doors. Each time, they trill "Helloooo" or "Hellew?" or "Heh-LO!"

Episode 4: Four office mates finish digging a grave, then roll in a wrapped corpse. "Stop crying," one says to another. "We all agreed: F— Tom, marry Jane, kill Todd. Now call Tom, he's going to be so excited."

Episode 5: A woman approaches her very pregnant friend. "May I touch?" she asks. "Go ahead," the friend replies. The woman reaches out and squeezes her friend's breasts. "So beautiful, what a miracle," she coos.

The CBC wisely renewed this series almost immediately after it began airing. Rejoicing abounds. The sketches are consistently fresh and funny, and here's one big reason why: writer/performers Carolyn Taylor, Meredith MacNeill, Aurora Browne and Jennifer Whalen understand that some sketches are meant to be brief.

The women of the Baroness von Sketch Show approach a pregnant friend and squeeze her breasts. CONTRIBUTED

That may sound simple, but it eludes too many comedy shows, including the granddaddy, Saturday Night Live. How many times have you laughed at an SNL sketch as it began, only to feel your smile fade as it drags on?

The Baronesses don't belabour. This frees them up to cram the maximum amount of funny into 22 minutes. And as a viewer, you get to relax, because you know that if a bit goes longer — unlike the trio in Episode 5 who do an intervention with a pal who can't tell a story right — it's worth it.

Baroness von Sketch Show just wrapped its first season on CBC-TV, but you can watch episodes online on the CBC website.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Carrie Fisher and dog Gary on stage during Future Directors Panel at the Star Wars Celebration 2016 on July 17 in London, England. BEN A. PRUCHNIE/GETTY IMAGES FOR WALT DISNEY STUDIOS

'Old Leia' loves fishing for laughs

INTERVIEW

Carrie filling Star Wars break with comedy gala in Montreal

Carrie Fisher is used to feeling the love from Star Wars fans, but some younger devotees have left the screen star in stitches with their unexpected reactions to meeting Princess Leia in real life.

"What's hilarious is when they're really teeny," said Fisher in a phone interview from London, which played host to the recent Star Wars Celebration Europe fan experience.

"There was one yesterday whose parents brought her, and she was about five or six. And she was very disappointed because she didn't want to meet the old Leia, which is how I think about myself: Old Leia! Like a horse that's been put out to pasture," added the wise-cracking star, laughing. "It sounds like an aftershave. 'Old Leia!'"

Fisher recently wrapped filming the latest Star Wars instalment, and will be transitioning from a galaxy far, far away to a Canadian comedy stage this weekend. She is the headlining host of a Just For Laughs gala in Montreal on Sunday night, which is being filmed for TV and slated to feature comics including The Daily Show correspondent Ronny Chieng.

> **I love comedians. They're very dark. They usually tell too much truth about themselves and reveal too much, so I find I have a lot in common with them.**
> Carrie Fisher

"I love comedians," said the 59-year-old star, citing Sarah Silverman and Melissa McCarthy among her favourites.

"They're very dark. They usually tell too much truth about themselves and reveal too much, so I find I have a lot in common with them."

The Force Awakens introduced fans to several new characters, including Rey (Daisy Ridley). When asked if Rey's origin story — and a potential connection to Leia — will be revealed in the next film, Fisher said she's as in the dark as fans are. "I want to know that stuff too, but we have very little exposure to the script," she said.

"We're allowed to read it, and then mostly, it's focused on your part, so you didn't see it in a kind of overall context of it."

Fisher recently teamed with Canadian singer-songwriter Rufus Wainwright on Take All My Loves: 9 Shakespeare Sonnets. She contributed a spoken word performance on the album, which features a star-studded lineup of contributors also including singer Florence Welch, actress Helena Bonham Carter and Canadian icon William Shatner. "I'm always talking in Shakespeare's sonnets anyway, and he (Rufus) just happened to be around with some sort of recording device," she deadpanned.

"I'm very big friends with Rufus. He has such a great relationship with music in different ways, whether it's opera or contemporary musicals or Shakespeare. I mean, who gets involved in stuff like that? He's very inventive."

THE CANADIAN PRESS

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metro

Strength in differences: SAP's culture of inclusion

In the technology sector, where innovation is paramount, companies who embrace diversity have a distinct competitive advantage. That's why SAP is investing wholeheartedly in its diversity and inclusion strategy, says the company's head of human resources for Canada.

"To perform our best as a company, our employees must feel free to be their authentic selves," says Agnes Garaba. "While we embrace diversity of all kinds, SAP has a specific focus on four pillars: gender intelligence, cross-generational intelligence, culture and identity, and differently-abled people."

In an industry dominated by men, SAP has committed to having 25 per cent of women in leadership positions by 2017.

"And we're nearly there," says Garaba. "Currently we have 23.6 per cent of women in leadership positions across the company globally, and Canada is leading the way in many respects."

The company is also focused on hiring people of all ages and at every career stage.

"People at different stages of life bring a variety of perspectives and experiences to SAP. Building intergenerational teams helps us to achieve greater innovation."

Hiring millennials and early talents is of particular emphasis for the company. At any given time there can be upwards of 120 paid interns and co-op students working in SAP's downtown Vancouver office alone.

"One of the diversity and inclusion initiatives I'm most proud of is our Autism at Work program," says Garaba.

This program is the company's commitment to hire 1 per cent of its workforce on the autism spectrum by 2020. SAP has currently hired more than 100 employees through this program, 11 in Vancouver.

The success of this program is thanks to a shift in SAP's application and interview process, training for managers and their teams, and partnerships with community organizations.

"Individuals on the autism spectrum represent an untapped talent pool," says Garaba.

CONTRIBUTED

"In an industry where competition for talent is fierce, we're capitalizing on the unique talents of this community to bring value to our teams, while also providing gainful employment for an underemployed demographic."

SAP will be appearing in this weekend's pride parade, a first for the Vancouver office. According to Garaba,

"While inclusion has always been a priority for us, we're excited to lend our voices in support for the greater LGBTQ community."

Want to join a company with a diverse and inclusive culture? Learn more at sap.com/careers.

metro WHEELS
Your essential daily news

Aston Martin's AM-RB 001 aims for highest redline of any production car

An almost stress-free drive

ALL PHOTOS JIM KENZIE

REVIEW

New Fusion's features help take the pressure off

Jodi Lai
AutoGuide.com

My ex used to drive a Ford Fusion, so naturally, I don't have the best memories of it. I still get anxiety when I see an older version of the popular family sedan on the road in grey — although thankfully the latest edition looks and feels different enough that it doesn't give me anxiety!

Ford is trying to take the anxiety out of everyone's daily commute by giving the 2017 Fusion a more upscale look and massive upgrades.

Probably the most significant and stress-reducing improvement to the Fusion is the availability of an entire suite of driver assistance features: Active lane-keep assist, adaptive automatic high-beams, adaptive cruise control with stop and go traffic assist, automatic emergency braking with pedestrian detection, cross traffic assist (which can see cars up to 10 car lengths away), rear view camera, driver drowsiness alert, blind spot monitoring, and a new parking assistant that can park in parallel and perpendicular spots as well as help you exit a parking spot (both new features).

The best part of Ford's driver assistance tech is how intuitive and unobtrusive it is to use. The adaptive cruise control in particular was smooth and natural feeling. The fact it comes with stop and go, unlike many other cars with adaptive cruise, is a huge bonus that helps relieve the monotony of traffic jams.

Ford has gone to great lengths to ensure the Fusion's interior is smarter and more luxurious than before. You can even get quilted leather and ventilated seats if you want, and the interior punches above its price point. Perhaps the best change to the interior is the center console: the maddening touch-sensitive buttons are gone in favour of real, tactile buttons.

I spent most of the time driving in a Fusion equipped with the 2.0L engine, which exhibited a fair amount of turbo lag and had a tough time mustering the strength to do a pass on the highway. It should be sufficient for most drivers, but it definitely doesn't make the Fusion feel sporty.

The 2017 Ford Fusion gets updates that make it extremely competitive in the family sedan segment, which is still seeing huge sales despite the popularity of crossovers. Besides looking more luxurious on the outside and offering more luxurious trims on the inside, the most impressive update to this new Fusion is all the tech it gets.

There is a lot to be anxious about in today's world — bumping into exes, performance evaluations at work, worrying about how you will be judged for binge watching the entire latest season of Game of Thrones in one sitting — but the 2017 Ford Fusion does a really good job as a stress-reliever, and we need more of that in our frantic lives.

THE CHECKLIST | 2017 FORD FUSION

THE BASICS

Engine: 2.5L 4-cyl/1.5L EcoBoost 4-cyl/2.0L EcoBoost 4-cyl/2.7L EcoBoost V6
Power: 175 hp, 181 hp, 245 hp, 325 hp
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 10 city, 7 hwy (1.5L)
Price: Starts at $22,481

LOVE IT
- Clean, Functional Layout
- Great Driver Assistance Tech
- Stylish Look

LEAVE IT
- Feels Too Big
- Not Terribly Sporty

ENVIRONMENT

BMW 7 series lineup expands with plug-in hybrid variants

Jason Siu
AutoGuide.com

BMW has officially introduced the plug-in hybrid variants for its flagship sedan.

Borrowing technology from its i sub-brand, the BMW eDrive drive system technology is heading to the 7 Series in three forms: BMW 740e iPerformance, long-wheelbase BMW 740Le iPerformance and BMW 740Le xDrive iPerformance.

All three models feature a latest-generation four-cylinder turbocharged engine paired to an electric motor to provide a total system output of 326 horsepower and 550 kilogram/metre of torque.

On the EU test cycle, the 740e iPerformance and 740Le iPerformance models have an all-electric range of 43 to 48 kilometres, while the all-wheel-drive xDrive variant returns 40 to 45 kilometres of all-electric driving.

Mated to the hybrid powertrain is an eight-speed Steptronic transmission that promises to deliver "outstanding internal efficiency, top-class shift dynamics and shift comfort and a compact construction," according to BMW.

Available as an option are gearshift paddles.

All told, the standard 740e iPerformance is capable of hitting 100 kilometres an hour from a standstill in 5.4 seconds, while the long-wheelbase 740Le model does it 0.1 seconds slower.

The xDrive variant is slightly quicker at 5.3 seconds.

An eDrive button will allow the driver to choose between settings, with the Auto mode focusing on maximizing range, but will engage the gasoline engine at 80 km/h or under at heavy throttle.

The plug-in hybrid 7 Series models will come standard with auxiliary heating and cooling, which allows owners to prepare the cabin's interior temperature in advance.

The German automaker confirmed that the BMW 7 Series iPerformance plug-in hybrid will arrive in the U.S. this August with a starting price of $90,095 U.S.

The plug-in hybrid 7 Series models will come standard with auxiliary heating and cooling. CONTRIBUTED

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Hackers offered cash reward

SCREENGRAB

WRANGLER CONCEPT

Jeep celebrates military heritage

A unique commemorative Jeep Wrangler 75th Salute concept vehicle has been announced. Jeep has a rich history dating back to 1941, when the name symbolized a unique family of go-anywhere, do-anything vehicles, a spirit the brand is trying to capture in this concept. The one-of-a-kind Jeep Wrangler 75th Salute concept is a modern interpretation of the Willys MB and is based on a two-door Wrangler Sport. On the outside, it has received an olive-drab paint scheme.

JASON SIU/AUTOGUIDE.COM

HANDOUT

OLE YELLER

Tribute to a fighter plane

Say hello to the Ole Yeller Mustang, a tribute by Ford to an iconic fighter plane. This one-off Mustang will be sold at auction with benefits going to the Experimental Aircraft Association's youth education program, including the Young Eagles, a program which provides free intro flights to young people. A custom yellow paint job along with Ole Yeller accents and badging are fitted to set this car apart.

STEPHEN ELMER/AUTOGUIDE.COM

GARIA GOLF CAR

The Mercedes of golf carts

If you have ever wanted to stand out on the golf course, Mercedes-Benz has the perfect tool for you. The German automaker has revealed the Mercedes-Benz Style Edition Garia Golf Car, as an attempt to reinvent the world of the golf cart. The company calls it a "real sports car," and it's the result of a collaboration between Mercedes-Benz designers, Daimler's Think & Act Tank Business Innovation and golf cart manufacturer Garia. Three years ago, Mercedes-Benz called on golf and automobile enthusiasts from around to world to submit their ideas for a Mercedes-Benz golf cart of the future. Through the process, the automaker found that golf carts are have been unchanged for decades, and the designs submitted showed that the golf cart was long overdue for a makeover. The best submissions from the competition actually spurred the process for Mercedes to develop the golf car. Featuring short front and rear overhangs, the company says it slightly resembles a baseball cap, helping make it look low and sporty.

JASON SIU/AUTOGUIDE.COM

HANDOUT

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

WHEELS IN BRIEF

New Tesla Model X 60D Brings $9K Price Cut

Tesla has introduced the new base-level Model X 60D which brings the price of entry down to $75,200 U.S. before incentives.

The new 60D can travel 322 kilometres on a full charge, about 60 kilometres less than the previous base model, the 75D, though it also costs $9,000 U.S. less.

Horsepower, top speed and 0 to 97 km/h time all stay the same for the new model, pegged at 328 hp, 225 km/h and six seconds respectively.

Tesla didn't specify if the Model X 60D is akin to the new Model S 60 in that there is actually a 75 kWh battery pack on board which has been limited. In the Model S, customers are offered the chance to upgrade range and power.

STEPHEN ELMER/AUTOGUIDE.COM

ISTOCK

INCENTIVES

FCA gives money to hackers that expose security risks

Fiat Chrysler Automobiles is taking a page from Tesla's book by offering hackers a cash prize for discovering potential cyber security weak points. Called the FCA U.S. bug bounty program, hackers will receive at least $150 and up to $1,500 per bug discovered, with the compensation amount depending on the impact and severity of the discovery. FCA has teamed up with bugcrowd, an existing network that includes thousands of hackers worldwide, all trying to discover issues in cyber security. Last year, a Jeep Cherokee was remotely hacked by a team of researchers who were able to control many of the vehicle's functions, from the HVAC controls to the brakes. More recently, a thief was shown starting a Jeep Wrangler using only a laptop. STEPHEN ELMER/AUTOGUIDE.COM

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STANDARD RATE FINANCE REBATE
PLUS **$500** LOYALTY DOLLARS
OR **0%** FINANCING UP TO 84 MONTHS

2016 NISSAN ALTIMA

GET UP TO **$2,500**
STANDARD RATE FINANCE REBATE
PLUS **$2,000** LOYALTY DOLLARS
OR **0%** FINANCING UP TO 48 MONTHS

2016 NISSAN JUKE

GET UP TO **$4,750**
STANDARD RATE FINANCE REBATE
PLUS **$600** LOYALTY DOLLARS
OR **0%** FINANCING UP TO 84 MONTHS

2016 NISSAN ROGUE

GET UP TO **$4,000**
STANDARD RATE FINANCE REBATE
PLUS **$600** LOYALTY DOLLARS
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Offers available from July 1 – August 2, 2016. *Payments cannot be made on a weekly basis, for advertising purposes only. †Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00). Selling price is $16,498 financed at 0% APR equals 84 monthly payments of $196 monthly for an 84 month term. $0 down payment required. Cost of borrowing is $0 for a total obligation of $16,498. $1,000 Finance Cash included in advertised offer. ‡Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Sentra 1.8 S M6 Moonroof (C4LG66 MR00)/ 2016 Sentra 1.8 SV M6 (C4RG56 AA00). 0.99%/0.99%/0.99%/0.99% lease APR for a 60/60/60/60 month term equals monthly payments of $255/$287/$169/$204 with $0/$0/$0/$0 down payment, and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $15,325/$17,219/$10,167/$12,221. $1,100/$1,000/$1,825/$1,325 Lease Cash included in advertised offer. ‡Standard rate finance cash discount of $4,000/$5,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers financing any 2016 Rogue SL Premium (Y6DG16 BK00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00) through NCF at standard rates. The cash discounts cannot be combined with lease or finance subwented rates or with any other offer. Certain conditions apply. ‡Models shown $37,343/$27,598/$49,193 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SL CVT (C4SG16 AA00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00). ‡‡‡Freight and PDE charges ($1,795/$1,600/$1,795) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. For more information, see www.iihs.org. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

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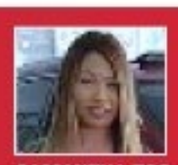

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DAVIE ST
BURNABY ST
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THE KEG LOUNGE
FIREWORKS BARGES
OBSERVATION DECK
INUKSHUK LOUNGE
FOOD VENDORS
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FOOD VENDORS
SUNSET BEACH STAGE
SunSetter LOUNGE
Honda CELEBRATION OF LIGHT
BEACH FESTIVAL
BEACH FESTIVAL
BIKE VALET
BEACH AVE
RESIDENT ACCESS
FOOD VENDORS
VANIER PARK
FALSE CREEK
CORNWALL AVE

How to make the most of the Honda Celebration of Light

Coming to the final show at the Honda Celebration of Light this Saturday, July 30? Here are a few tips to enhance your enjoyment of the event

Walk or bike

When you're getting to the Honda Celebration of Light, take public transit, walk or bike once you're downtown. The event draws thousands of spectators, so you'll be better off enjoying the people watching from the street than stuck in gridlock looking for a parking space.

Find the right venue

It all depends on the atmosphere you're looking for and your budget.

The ticketed venues The Keg Lounge, the YVR Observation Deck, and the Inukshuk Lounge are prime viewing areas for enjoying the fireworks, with more room, a festive atmosphere, and licensed areas for those who are looking to have a drink or two.

English Bay beach is an excellent choice too. Just make sure you get there in the afternoon to lay down your blanket and claim your space.

Some of the restaurants along Denman and Davie have great viewpoints that patrons can enjoy, including some of Vancouver's best patios.

CONTRIBUTED

Indulge in the rainbow of food options

If you're looking to eat on the cheap, there will be more than 50 food trucks parked in the beachfront area to take advantage of. The waterfront will be closed off to car traffic, so visitors will have the chance to wander easily.

Or you can explore Denman and Davie streets — they're loaded with restaurants and cafés from many different cultures, all with delicious food offerings at a variety of prices. You will definitely find something to suit your taste and budget, whether you're looking to dine in, or take a picnic out to the beach or park.

Respect the neighbourhood

Festival-goers should make sure to use the garbage and recycling facilities on site along English Bay beach. Make sure you take your trash with you, or throw it away property.

Listen to the simulcast

Music is an integral part of the Honda Celebration of Light, so to maximize your experience, make sure you bring some speakers and a radio to broadcast the simulcast on LG104.3 FM while you watch. The ticketed venues on English Bay beach will also be playing the broadcast.

Each competing team of pyrotechnic artists carefully selects music that will represent their country and the mood they want to create. Then they orchestrate a fireworks show to support and play off that music. Together, the music and fireworks can make for some magical moments. Bring a hankie.

A view of the West End on two wheels

There aren't many better ways to explore the West End than by bike. Bring or borrow a bike and experience the fun of coasting down a quiet, tree-lined West End side street.

The three days of the Honda Celebration of Light are some of the best occasions of the year to explore the neighbourhood this way, then come back to English Bay beach at the end of the day to take in the fireworks.

This Saturday is the last evening of the epic Honda Celebration of Light fireworks festival this year. If you're looking to make a day of it, why not do it by bike?

"Taking a bike tour of the West End is a great way to learn about the neighbourhood more deeply," says Stephen Regan, executive director of the West End Business Improvement Association. "You'll get to take it all in at a good speed, getting to see the things that make the neighbourhood special."

You aren't getting the full Vancouver experience until you've biked the sea wall. The tree-lined pathway was built especially for pedestrians, cyclists and rollerbladers to enjoy the waterfront car-free, so it's the perfect place to get exercise while you take in the scenery at the same time.

"It's a very Vancouver experience to bike on the sea wall," says Regan. "The West End and Stanley Park are intertwined, especially for people who haven't been into the West End for a while, or it's a date-night experience."

The West End is a place where you can find many of the things that define Vancouver: a large section of restaurants and coffee shops, the parks, the ocean and the beach.

How to find a bike: 3 options

If you're a local, you may want to bring your own.

You can rent a new bike from one of the many helpful and affordable bike rental companies in the area along Davie, Denman and Robson streets.

This option is ideal if you want maps, directions and a bike that's well-fitted for you. Riders can choose many options, including electric bikes and tandem bikes. The rental option is also good if you're looking for a bike that's exactly the right size for you.

Your third option is to borrow a bike from a bikeshare station using the City of Vancouver's new bike share program. The bike stations have been newly opened in several places in Vancouver's West End.

CONTRIBUTED

mtr SPORTS

"I could change that into an A-plus on Sunday": Rory McIlroy who has given himself a "B" on the season heading into the PGA Championship

Jays add depth in outfield

MLB

Upton acquired in trade with San Diego

The Toronto Blue Jays addressed two needs with one deal Tuesday by acquiring Melvin Upton Jr. from the San Diego Padres for a low-level pitching prospect.

Upton's addition gives the team a quality veteran backup outfielder for the stretch drive and also provides stability next year in the event of free agency departures.

General manager Ross Atkins said he started talking with the Padres when right-fielder Jose Bautista suffered a toe injury in mid-June.

"What attracted us to (Upton) was several things: the defence at all three positions, speed, base-running, base-stealer, power, versatility and depth," Atkins said. "So I feel great about some of the pieces in the minor leagues, but adding him to our major-league team now and having another year of control seemed to make sense for us."

The Blue Jays also received cash from San Diego in return for 19-year-old Hansel Rodriguez, who's in his third season with Bluefield in the rookie-level Appalachian League.

Upton, 31, had a .256 batting average over 92 games with San Diego. He hit 16 home runs and had 45 RBIs, 20 stolen bases, a .304 on-base percentage and .439 slugging percentage.

In his Jays debut, Upton made a pinch-hit appearance against his former team on Tuesday night in Toronto and grounded into a fielder's choice.

Bautista returned Monday night after missing over five weeks of action. Michael Saunders is enjoying an impressive season in left field and Kevin Pillar is the everyday centre-fielder.

Upton said he hadn't yet talked to manager John Gibbons about his defined role on the team. "He said I was going to play, that we didn't bring you here just to have you here, that I was brought to the team to (help them) win," Upton said. "What that might be, I don't know. From what I understand, I'm going to be seeing a lot of lefties. I'm good with that. And whatever else he needs me to do, I'm up for it."

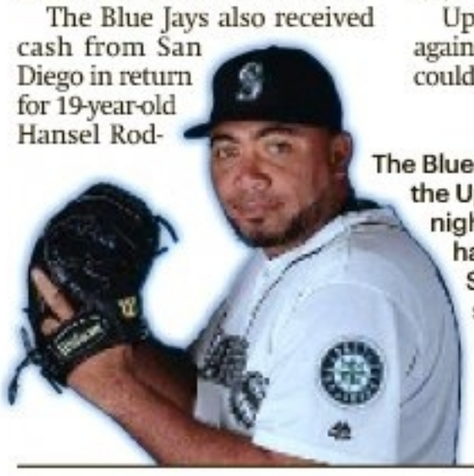
Upton is particularly strong against left-handed pitchers and could be slotted in at the leadoff spot if needed. Barring injury to one of the regulars, he'll likely be used as a late-inning replacement or when a starter needs a rest day or is moved into the designated hitter spot.

Bautista and Saunders are in the final year of their respective contracts. Upton, meanwhile, is in the fourth year of a $75.25-million US, five-year deal he signed with Atlanta before the 2013 season.

Upton will earn $16.45 million next year. Atkins declined comment on financial details but reports indicated the Padres will pay about three-quarters of Upton's remaining salary.

THE CANADIAN PRESS
WITH FILES FROM THE ASSOCIATED PRESS

Melvin Upton Jr. takes the field during batting practice wearing his new colours.
STEVE RUSSELL/TORSTAR NEWS SERVICE



The Blue Jays weren't done with the Upton deal. Late Tuesday night, they traded right-handed reliever Drew Storen and cash considerations to the Seattle Mariners in exchange for right-handed pitcher **Joaquin Benoit**.
GETTY IMAGES

Toronto spins wild pitch into walkoff

Devon Travis scored on a wild pitch in the bottom of the 12th inning, as the Toronto Blue Jays came from behind to beat the San Diego Padres 7-6.

Travis scored on a wild pitch from San Diego reliever Paul Clemens, who also walked two batters in the final inning. The Blue Jays (57-44) also manufactured a run in the seventh inning aided by wildness from the San Diego bullpen, with reliever Brad Hand walking two batters and throwing two wild pitches.

Travis's run capped a wild 12th inning. The Blue Jays went into the bottom half trailing 6-4, but Kevin Pillar and Darwin Barney scored ahead of Travis.

THE CANADIAN PRESS

TUESDAY In Toronto

BLUE JAYS	PADRES
7	6

ROGERS CUP

Pospisil part of Canadian surge

Another Canadian is through to the second round of the Rogers Cup and that suits Vasek Pospisil just fine.

The Vancouver product defeated Jeremy Chardy in first-round action on Tuesday night in Toronto after the Frenchman retired with a right foot injury.

With five Canadians advancing, it ties the most that have ever moved past the first round at the men's tournament. The last time it happened was 2013.

"It's good to have new faces for sure," Pospisil said. "I'm 26 already. I feel like I have been a new face but maybe not so much anymore. But it's cool to see and I'll try to catch (watch) the next one that Denis (Shapovalov) and the other Canadians play."

Chardy started to favour his foot after Pospisil went up 30-0 in the first game of the second set. Chardy called for the trainer and waited several minutes before deciding that he couldn't go on.

Pospisil won the first set 7-6 (3). THE CANADIAN PRESS

2ND ROUND

D. Shapovalov vs. G. Dimitrov
M. Raonic vs. Y. Lu
V. Pospisil vs. G. Monfils
P. Polansky vs. R. Stepanek
S. Diez vs. B. Tomic
*Canadians in bold

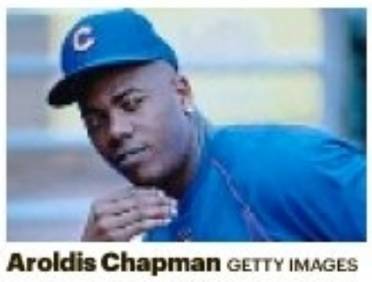
CHICAGO

Chapman fuzzy on details of lecture

Star closer Aroldis Chapman joined the Cubs on Tuesday, arriving to a mixed reaction in Chicago and saying he couldn't remember what management told him about off-field expectations and behaviour.

After Chapman's awkward introductory news conference, Cubs president of baseball operations Theo Epstein insisted Chapman understands what the Cubs expect of him.

Chapman, who was accused of choking his girlfriend and firing eight gunshots in the garage of a Florida home in October, converted 20 of 21 save chances for the New York Yankees this season. THE ASSOCIATED PRESS



Aroldis Chapman GETTY IMAGES

IN BRIEF

Seahawks extend Carroll
The Seattle Seahawks and coach Pete Carroll have agreed on a contract extension, keeping the oldest head coach in the NFL locked up beyond the 2016 season.

Team owner Paul Allen tweeted confirmation of Carroll's deal on Tuesday.

The move with the 64-year-old Carroll came just two days after the team locked up general manager John Schneider to a contract extension.
THE ASSOCIATED PRESS

Sounders part ways with head coach Schmid
Sigi Schmid won an MLS Supporters Shield, four U.S. Open Cups, and never missed the playoffs as head coach of the Seattle Sounders. But the team and Schmid are parting ways.

The Sounders announced Tuesday that Schmid's run as the only coach in the franchise's MLS era has come to an end. Longtime Seattle assistant Brian Schmetzer is taking over immediately as interim head coach. THE ASSOCIATED PRESS

WHITECAPS

Striker's Vancouver lasts just one week

The Vancouver Whitecaps transferred striker Fabian Espindola to Mexican side Club Necaxa of Liga MX for an undisclosed transfer fee on Tuesday.

Espindola was acquired by the Whitecaps from D.C. United for general allocation money last week.

"We felt he would be a good addition to our team," said Vancouver head coach Carl Robinson. "After we finalized the trade, we were presented with an offer from Club Necaxa, which provides us with a significant amount of allocation money, and puts us in a better position than we were prior to this trade." THE CANADIAN PRESS

73

Espindola has 73 goals in 252 appearances during his 10 MLS seasons in all competitions.

RECIPE Chicken with Black Bean and Corn Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is a dinner trifecta thanks to a simple marinade, flavorful salad and 20-minute cook time.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes: 4 servings

Ingredients
- 2 chicken breasts
- 2 cups (475 ml) fresh or frozen (thawed) corn kernels
- 1/2 cup finely chopped red onion
- 2 cups (475 ml) cooked black beans, rinsed and drained
- 1 red bell pepper, cored, seeded and chopped
- 1/3 cup (80 ml) cilantro leaves, finely chopped

Marinade
- 2 Tbsp (30 ml) fresh lime juice
- 1/4 cup (60 ml) olive oil
- 1 Tbsp (15 ml) honey
- pinch salt and pepper

Dressing
- 2 Tbsp (30 ml) fresh lime juice
- 2 Tbsp (30 ml) olive oil
- 1 tsp (5 ml) honey
- Pinch salt and pepper

Directions

1. Preheat your grill. Place your frozen corn in a bowl to thaw.

2. In a bowl, whisk together your marinade ingredients. Use about 2/3 of it to coat your chicken.

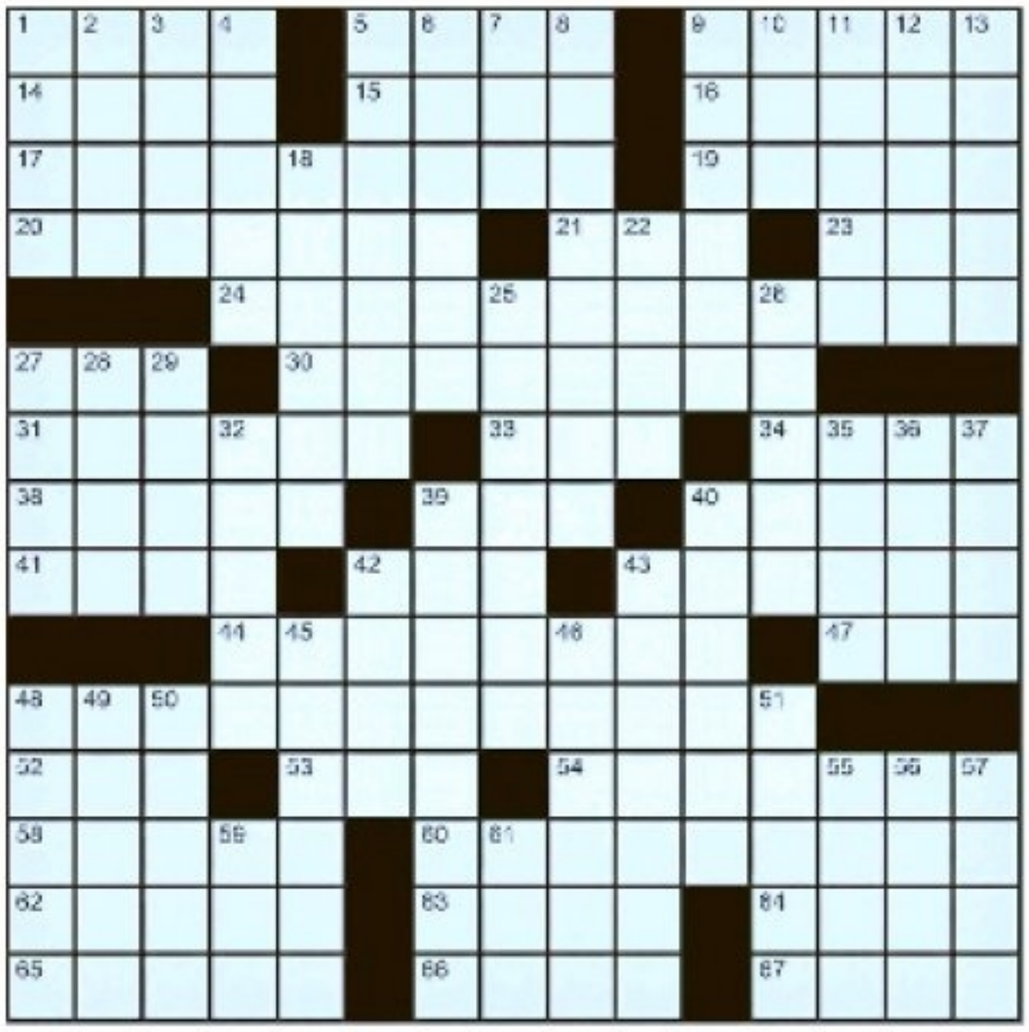
3. Rinse onions and place in bowl with black beans, red pepper and cilantro. Mix the dressing and pour over mixture. Stir in the corn.

4. Grill the chicken for 10 minutes over medium/high heat. Flip and grill for 10 more. Serve chicken with the mixture. Top with cilantro and a squeeze of lime.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Become dry, as lips
5. Suffix with 'Poet'
9. Certainly, casually
14. Wee writer
15. Connecting point
16. Anna Paquin movie, "The _" (1993)
17. Get scared in the haunted house: 3 wds.
19. Tranquil
20. High-ranking fleet officer
21. Pre-lah note
23. Mr. Rock
24. Canadian coffee/snacks chain: 2 wds.
27. Snowy _
30. Verve
31. Tap
33. Oz character's coating
34. Trails
38. Panache
39. Ceiling
40. _ moment (Perfectly sentimental time for a snapshot)
41. Curved music symbol
42. Sidekick
43. Change NaCl by dissolving it into water to become Na+ and Cl-
44. Way one carries oneself
47. Shooting marble
48. Canned fish for Canadian seafood brand Clover Leaf: 2 wds.
52. "Goodness!"
53. Comic actress Ms. Poehler
54. Mane mesh
58. Did tannery work, say
60. Next to
62. Courtroom excuse
63. Peru's capital
64. _-Dokie
65. Ballroom dance
66. Some brand name jeans
67. Profits

DOWN
1. _ Grande Ruins, in Arizona
2. Tinted
3. "Up and _'_!" (Rise and shine!)
4. "Why Can't I?" singer Liz
5. Populate
6. "Cut that out!": 2 wds.
7. Web pop-ups, e.g.
8. Accidentally blurts out the secret: 2 wds.
9. Consequence
10. Chart-topper
11. Verse form of Japan
12. Without illumination
13. Carries
18. "Sesame Street" character
22. Norse deity
25. Cape Breton fiddler Ms. MacMaster
26. Hosiery material
27. Does in, hit-man-style
28. Partition
29. Hawaiian feast
32. Approximately, in dates
35. Mine passage
36. Strip by the Mediterranean Sea
37. Misrepresent
39. Traveller's tote
40. Walter _ (Chekov on "Star Trek")
42. Graduation ball
43. Some lizards
45. University in Wolfville, Nova Scotia
46. Comfy
48. Turkish honorifics, variantly
49. Georges Bizet's operatic priestess
50. Darken
51. Illegal intentional ignition
55. Sportswear brand
56. Change
57. Souvenir shirts, shortly
59. Tide variety
61. Don't truth-tell

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
An unexpected social invitation might come your way today, because this day is full of surprises that can even affect your children. To be safe, guard your kids against accidents.

Taurus April 21 - May 21
Stock the fridge today, because surprise company likely will drop by. Meanwhile, your home routine might be interrupted because a small appliance might break down. (Groan.)

Gemini May 22 - June 21
Spontaneous, unexpected events will change your daily routine today. An unexpected short trip is an example. You will enjoy meeting new faces, seeing new places and learning something unusual and different.

Cancer June 22 - July 23
You're full of clever moneymaking ideas today. However, finances are unpredictable. Keep your eyes open! Double-check all money transactions. Keep your receipts for spontaneous purchases.

Leo July 24 - Aug. 23
Today you're restless and eager to do something fresh and different. Stay light on your feet so you can go with the flow. Accept spontaneous invitations.

Virgo Aug. 24 - Sept. 23
Unexpected secrets might come out today. Or you might make a breakthrough in some kind of research or study of the past. You might discover an old photo album.

Libra Sept. 24 - Oct. 23
This is an exciting, stimulating day! Stay active so that you can avoid boredom. Your problem-solving abilities are tops, because you're thinking fast and your intuition is strong!

Scorpio Oct. 24 - Nov. 22
Bosses, parents and VIPs likely will surprise you today in some way. If offended, do not quit your day job. Be open to new suggestions and new ways of doing things.

Sagittarius Nov. 23 - Dec. 21
Sudden travel plans will fall in your lap today. In fact, you will love anything that introduces you to foreign countries or different cultures.

Capricorn Dec. 22 - Jan. 20
Stay in touch with your bank account because something unpredictable might affect your shared property, taxes, debt and finances.

Aquarius Jan. 21 - Feb. 19
Make plans to socialize with a friend or partner today, because you don't want to be bored. Conversations with others will have an exciting, electric quality.

Pisces
Feb. 20 - March 20
(Feb. 19 to March 20)
New technology might be introduced at work today. Perhaps a new staff member? Something unusual will make your workday exciting and different.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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YESTERDAY'S ANSWERS

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7	3	8	2	9	1	6	5	4
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5	4	3	9	8	6	2	1	7
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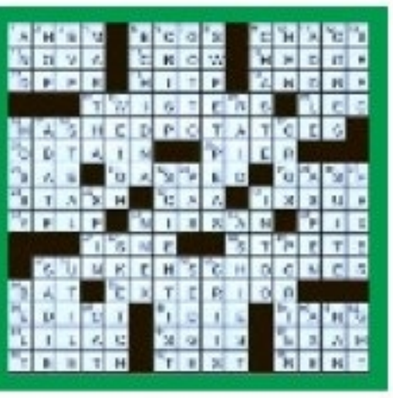

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